Media, PA – Today Congressman Joe Sestak (D-PA) spent the afternoon visiting with constituents the Turks Head Music Festival in West Chester. This gave him the opportunity to get out into the district and listen to the concerns of his constituents. — "Events like this festival bring together members from all over the county and community, which is why I went. This year marks its 25th annual festival and I am happy to be a part of such a lively tradition," said Joe, "I have always believed accountability and accessibility to the families of our district are the keys to being an effective Representative and remain committed to both. Instead of asking people to come to my office in Washington, DC to meet with me, I try to spend as much time as I can coming to them to hear their concerns and get their feedback on what we are doing in Congress to help them."

This year's Turks Head Music Festival is its 25th Anniversary event. It started at noon and bands played until about 8:00 pm. The popular music event also included great food from the area. Additionally, Congressman Sestak has a "Congress on Your Corner" table so constituents could talk to the Congressman and his staff about the issues and concerns that matter to them. This is a program he started when he took office because he understands how hard it can be for his constituents to go to his office so he tries to bring it to them. He held a similar event yesterday.

"I find these 'Congress on Your Corner events to be one of the best ways for me to hear directly from constituents about what they need me to do for them and the District while I am in Congress," Joe said, "As a Congressman my goal is to provide my constituents with the best possible service. Through these meetings I am able to hear directly the opinions of my constituents and help them secure access to healthcare, a quality education, veterans' benefits, or assistance for small businesses and economic development."

Born and raised in Delaware County, former 3-star Admiral Joe Sestak served in the Navy for 31 years and now serves as the Representative from the 7th District of Pennsylvania. He led a series of operational commands at sea, including Commander of an aircraft carrier battle group of 30 U.S. and allied ships with over 15,000 sailors and 100 aircraft that conducted operations in Afghanistan and Iraq. After 9/11, Joe was the first Director of "Deep Blue," the Navy's anti-terrorism unit that established strategic and operations policies for the "Global War on Terrorism." He served as President Clinton's Director for Defense Policy at the National Security Council in the White House, and holds a Ph.D. in Political Economy and Government from

Harvard University. According to the office of the House Historian, Joe is the highest-ranking former military officer ever elected to the U.S. Congress.